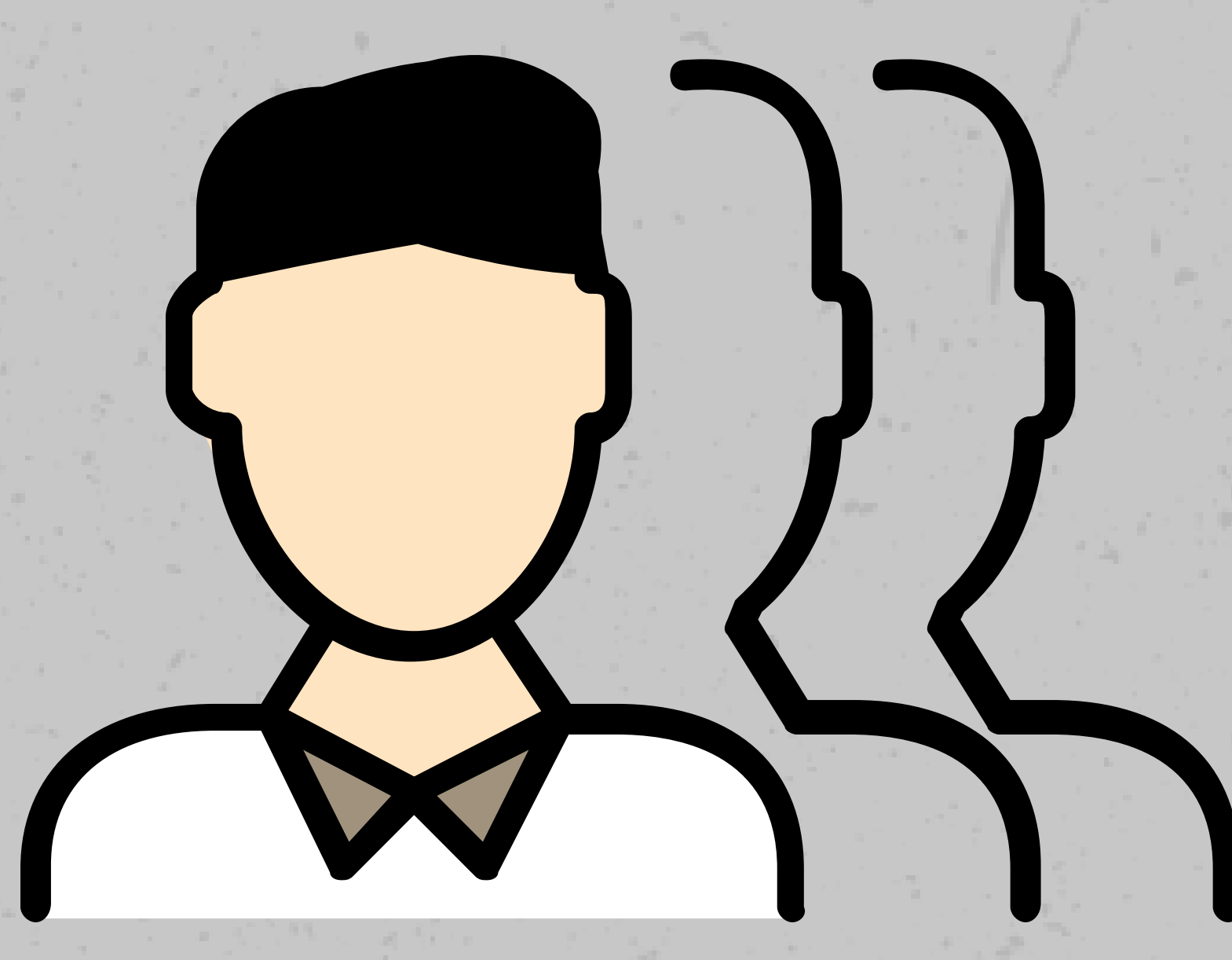


What you need to know about

Asthma, COPD and adult vaccines



Learn how vaccines can keep you healthy

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die.

People with asthma or chronic obstructive pulmonary disease (COPD) are at higher risk for serious problems from certain vaccine-preventable diseases. Getting vaccinated is an important step in staying healthy.

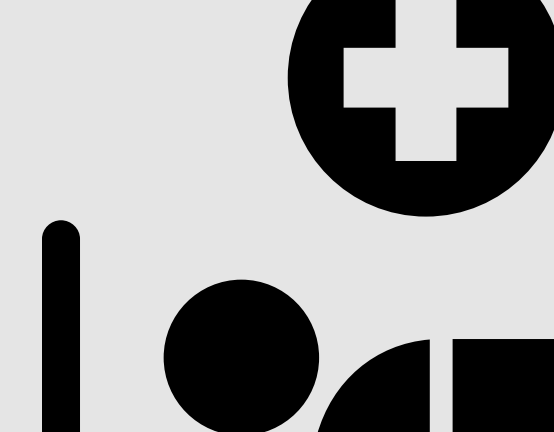
Getting vaccinated is an important step in staying healthy!

Did you Know?

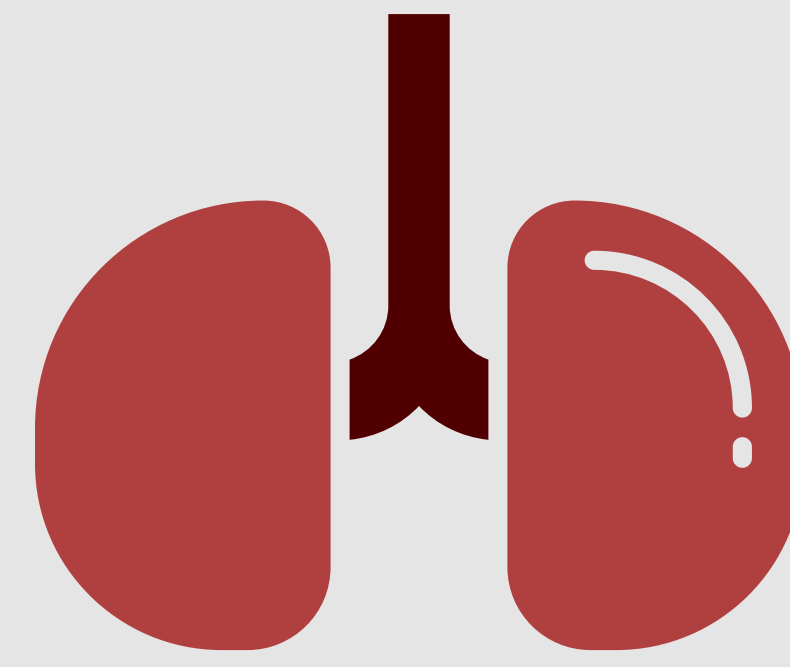


COPD and asthma cause your airways to swell and become blocked with mucus, which can make it hard to breathe. Certain vaccine preventable diseases can also increase swelling of your airways and lungs.

In New Jersey, more than **600,000** adults and **167,000** children have asthma. As of 2017, an estimated **5.6%** of adults have been diagnosed with COPD.



Adults with COPD or asthma are more likely to get complications from the flu.



People with COPD and asthma are also at higher risk for invasive pneumococcal disease and are more likely to develop infections including bacteremia and meningitis.

What vaccines are recommended for adults with COPD or asthma?



Flu vaccine

New Jersey Stat

During the 2017-2018 flu season, only an estimated **41.3%** of adults with asthma between ages 18-64 years had received a flu vaccine.

The flu is a contagious (easily spread) respiratory disease caused by the influenza virus.

- Being sick with flu could lead to bronchitis, pneumonia, and long hospital stays.
- Studies show that flu vaccination is associated with reduced hospitalizations among people with chronic lung disease such as COPD.
- Get your flu vaccine each year to protect your health.



Pneumococcal Vaccine

New Jersey Stat

In 2017, only **34.0%** of adults with asthma between ages 18-64 years had received a pneumococcal vaccine.

Pneumococcal disease is a bacterial disease that could lead to serious infections of the lungs, blood, and spinal cord.

- There are two types of pneumococcal vaccines: PPSV23 and PCV13.
- People younger than 64 years who have not already received a dose of PPSV23 should receive their first dose now.
- Another dose of PPSV23 is due at age 65 and at least 5 years since the first dose.
- People 65 and older may choose to receive PCV13 after discussing it with their doctor.



Tdap/Td Vaccine

The Tdap vaccine protects against three serious bacterial diseases: tetanus, diphtheria, and pertussis. The Td vaccine protects against tetanus and diphtheria.

- Tetanus causes painful muscle tightening and stiffness. It kills about 1 out of 10 people who are infected, even after receiving medical care.
- Diphtheria causes a thick coating to form in the back of the throat and can lead to breathing problems, heart failure, paralysis, and death.
- Whooping cough (pertussis) can cause violent and rapid coughing, over and over, until the air is gone from the lungs and you are forced to inhale with a loud "whooping" sound.
- One dose of Tdap is recommended for adults, then a Td or Tdap every 10 years.
- Pregnant women should receive a Tdap vaccine each pregnancy (preferably during the early part of gestational weeks 27–36) to protect their baby.



Shingles Vaccine

Shingles (zoster) vaccine helps protect against shingles, which is a painful rash caused by the same virus that causes chickenpox.

- If you had chickenpox, you are at risk for developing shingles.
- Shingles on the face can affect the eye and cause vision loss.
- About 1 in 10 people will develop nerve pain that can last for months or years after the rash has gone away.
- There are two vaccines to protect against shingles, Zostavax (given at age 60 and older) and Shingrix (ages 50 and older). Shingrix is the vaccine preferred by the Centers for Disease Control and Prevention (CDC).



HPV Vaccine

The HPV vaccine helps to protect against human papillomavirus, a common virus that can lead to six types of cancers.

- This vaccine series is recommended at 11-12 years, but can be given through age 26 years.
- Adults age 27 through 45 may also be vaccinated against HPV after a discussion with their healthcare provider.
- The vaccine is given as either a 2 or 3-dose series, depending on the age at which you get the first dose. Make sure you have received all recommended doses!

Wondering where to get vaccines?

Vaccines may be available at your doctors' office, pharmacy, workplace, community health clinic, health department, or other locations. Check out [vaccinefinder.org](https://www.vaccinefinder.org) to find adult vaccine providers in your area.



Other Vaccines

Other vaccines may be needed if you missed any doses from childhood. Speak with your healthcare provider about all the vaccines recommended for you!



Does insurance cover vaccines?

Most insurance plans cover recommended vaccines. You can also check with local health departments, and Federally Qualified Health Centers (FQHCs) regarding vaccine affordability.

For more information, please visit:

Asthma In New Jersey
<https://www.state.nj.us/health/fhs/chronic/asthma/in-nj/>

New Jersey Chronic Disease Indicators
<https://www.doh.state.nj.us/doh-shad/indicator/CatCSTECDI.html>

Centers for Disease Control and Prevention
<https://www.cdc.gov/vaccines/adults/rec-vac/health-conditions/lung-disease.html>

Vaccinate Your Family
<https://www.vaccinateyourfamily.org/adults/chronic-diseases/>

